

Wellbeing Planner

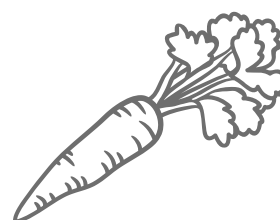
Fill out this wellbeing toolkit planner and pop it somewhere you see it each day.

My everyday boosters:
the must haves to feel good



Things that make me feel good:

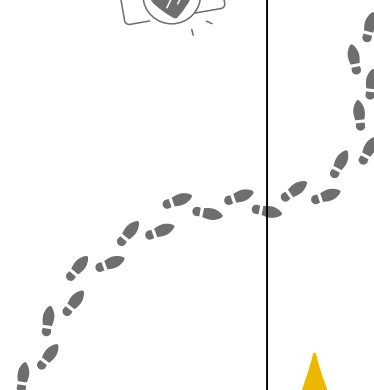
Nourish my body:



Move my body:



Emotional care:



Social connections:

Things to avoid:



Sometimes we need support from others to help
keep our wellbeing positive.
Visit alwf.org.au/support
for some suggested services and options.

